

## September – Prostate Cancer Awareness Month

### STATISTICS

- Prostate cancer has been the most frequently diagnosed cancer (other than skin cancers) in Michigan men since 1991.
- During 2003, 8,119 men in Michigan were diagnosed with prostate cancer.\*
- In 2004, 967 men in Michigan died from prostate cancer.\*\*
- There are more than 81,000 prostate cancer survivors in Michigan.

\*Michigan Cancer Resident Incidence File. Updated with cases processed through November 22, 2005. Vital Records & Health Data Development Section, Michigan Department of Community Health

\*\*1985-2004 Michigan Resident Death Files, Vital Records & Health Data Development Section, Michigan Department of Community Health.

### RISK FACTORS

- **Age:** Prostate cancer is found most often in men older than age 50; 64% of Michigan men diagnosed with prostate cancer in 2001 and 94% of deaths from prostate cancer in 2002 were in men 65 years of age or older.
- **African Ancestry:** Black men are affected disproportionately by prostate cancer. The diagnosis of prostate cancer among black men in Michigan is 1.5 times that of white men, and the death rate is 2 times greater in black men than in white men.
- **Family history of prostate cancer** on either maternal or paternal side increases the likelihood of getting prostate cancer.
- **Diet:** High fat diets may increase the risk of prostate cancer.

### SYMPTOMS

The following problems may be symptoms of prostate cancer or could be caused by infections, prostate enlargement, or other prostate conditions and should be evaluated by a physician:

- Difficulty starting to urinate
- Less force to the urine stream or dribbling after finishing urinating
- Frequent urination
- Blood or pus in the urine
- Pain or burning feeling while urinating
- Pain with ejaculation
- Hip or back pain that does not go away

### RESOURCES

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Foundation for Urologic Disease  
[www.afud.org](http://www.afud.org)

Center for Prostate Disease Research  
[www.cpdr.org](http://www.cpdr.org)

Centers for Disease Control and Prevention  
[www.cdc.gov/cancer/prostate](http://www.cdc.gov/cancer/prostate)

Michigan Cancer Consortium  
[www.michigancancer.org](http://www.michigancancer.org)

National Cancer Institute  
[www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate)

National Prostate Cancer Coalition  
[www.pcacoalition.org](http://www.pcacoalition.org)

Prostate Health  
[www.prostatehealth.com](http://www.prostatehealth.com)

## HOW IS PROSTATE CANCER DIFFERENT FROM OTHER CANCERS?

Prostate cancer can be aggressive, growing quickly, and spreading to other parts of the body, eventually causing death if not treated. Or it may be slow growing and stay in the prostate where it causes few if any problems and does not affect the individual's lifespan or quality of life. Sometimes it is obvious from test results that the cancer is aggressive; however, in many cases it is not clear.

Three out of four cases of prostate cancer are of the slow growing type that would never have caused problems. Therefore, each man must decide whether or not to get tested for prostate cancer, and if it is found, which treatment option to select based on the risks and benefits as informed by his values and preferences.

### INFORMED AND SHARED DECISION MAKING

The following elements are necessary to facilitate a man's decision on prostate cancer screening or treatment:

- Balanced, complete information.
- Advanced age, life expectancy of less than 10 years, or serious medical conditions could be reasons to forgo screening and/or treatment.
- The individual's preferences and values regarding cancer, uncertainty, living with impotence, other possible prostate cancer side effects, or other associated issues.
- Clarity on the level of participation in decision-making the man chooses.
- Physician who will answer questions, provide balanced sources of information, and give his or her recommendation but ultimately respect the man's wishes for screening and treatment.

### PROSTATE CANCER SCREENING GUIDES

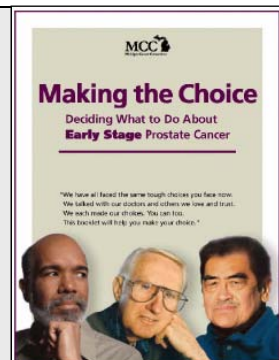
The Centers for Disease Control and Prevention has produced two guides to assist men in making the decision to get screened for prostate cancer. The two guides are:

- 1) *Prostate Cancer Screening: A Decision Guide*
- 2) *Prostate Cancer Screening: A Decision Guide for African American*

Both are available at no cost through the Michigan Department of Community Health's clearinghouse at [www.hpclearinghouse.org](http://www.hpclearinghouse.org) or through the CDC at [www.cdc.gov/cancer/publica.htm#printed](http://www.cdc.gov/cancer/publica.htm#printed).

### PROSTATE CANCER TREATMENT DECISION AID

The Michigan Cancer Consortium's decision aid for the treatment of early stage prostate cancer, *Making the Choice: Deciding What to Do About Early Stage Prostate Cancer*, is available in booklet, audio, and web-based formats and is free of charge to Michigan residents. To order the decision aid in English, Spanish, or Arabic, please call 800-249-0314 or visit [www.prostatecancerdecision.org](http://www.prostatecancerdecision.org).



Most cases of prostate cancer are of the slow growing type that would never have caused problems.

September 2006

## September is Prostate Cancer Awareness Month

**P**rostate cancer continues to be the second leading cause of cancer deaths among Michigan men. Since the late 1980s, it has been the most frequently diagnosed cancer (other than skin cancers) in men in our state.

During 2002, 8,676 men in Michigan were diagnosed with prostate cancer and 985 men in the state died of the disease in 2003. The American Cancer Society estimates that in 2006, 860 Michigan men will die of the disease and 7,370 new cases will be diagnosed. Currently, there are more than 81,000 prostate cancer survivors in Michigan.

The causes of prostate cancer are unknown at this time, though genetic, environmental, and behavioral factors are being investigated. The following are risk factors for prostate cancer:

- **Age:** Prostate cancer is found most often in men older than age 50; approximately 34 percent of Michigan men diagnosed with prostate cancer in 2002 were between the ages of 50 and 64. More than 62 percent were 65 years of age or older.
- **African Ancestry:** Black men are affected disproportionately by prostate cancer. The diagnosis of prostate cancer among black men in Michigan is 1.5 times that of white men, and the death rate is 2 times greater in black men than in white men.
- **Family history of prostate cancer** on either maternal or paternal side increases the likelihood of getting prostate cancer.
- **Diet:** High fat diets may increase the risk of prostate cancer.

Today, early prostate cancer is most often found with a blood test, Prostate Specific Antigen (PSA) before the cancer has caused symptoms. However, the problems that may be symptoms of prostate cancer could also be caused by infections, prostate enlargement, or other prostate conditions and should be evaluated by a physician. The problems that could be symptoms of prostate cancer include:

- Difficulty starting to urinate
- Less force to the urine stream or dribbling after finishing urinating
- Frequent urination
- Blood or pus in the urine
- Pain or burning feeling while urinating
- Pain with ejaculation
- Hip or back pain that does not go away

Prostate cancer can be aggressive, growing quickly, and spreading to other parts of the body, eventually causing death if not treated. Or it may be slow growing and stay in the prostate where it causes few if any problems and does not affect the individual's lifespan or quality of life. Sometimes it is obvious from test results that the cancer is aggressive; however, in many cases it is not clear.

Prostate cancer is different from other cancers in that most cases are of the slow growing type that would never have caused problems. Therefore, each man must decide whether or not to get

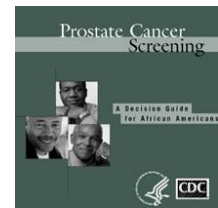
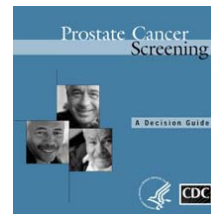
tested for prostate cancer, and if it is found, which treatment option to select based on the risk and benefits as informed by his values and preferences.

To facilitate a man's decision on prostate cancer screening or treatment, an informed and shared decision is recommended. Elements that foster an informed and shared decision include:

- Balanced, complete information.
- Advanced age, life expectancy of less than 10 years, or serious medical conditions could be reasons to forgo screening and/or treatment.
- The individual's preferences and values regarding cancer, uncertainty, living with impotence, other possible prostate cancer side effects, or other associated issues.
- Clarity on the level of participation in decision-making the man chooses.
- A physician who will answer questions, provide balanced sources of information, and give his or her recommendation but ultimately respect the man's wishes for screening and treatment.

The Centers for Disease Control and Prevention (CDC) has produced two guides to assist men in making the decision on whether to get screened for prostate cancer. The two guides are:

- 1) *Prostate Cancer Screening: A Decision Guide*
- 2) *Prostate Cancer Screening: A Decision Guide for African American*



Both guides are available at no cost through the Michigan Department of Community Health's clearinghouse at [www.hpclearinghouse.org](http://www.hpclearinghouse.org) or through the CDC at <http://www.cdc.gov/cancer/prostate/resourcematerials.htm#guide>.

In addition, the Michigan Cancer Consortium has developed a decision aid to help men make informed decisions regarding treatment of early prostate cancer. *Making the Choice: Deciding What to Do About Early Stage Prostate Cancer* is available in booklet, audio, and web-based formats. To order the free decision aid in English, Spanish, or Arabic, please call 1-800-249-0314 or visit [www.prostatecancerdecision.org](http://www.prostatecancerdecision.org).

For more information about prostate cancer, please visit the prostate cancer information section on the Michigan Department of Community Health website, [www.michigan.gov/cancer](http://www.michigan.gov/cancer).

